



Thriving Overseas

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Agenda

- **Objectives**
- **Cross Cultural Adaptation**
- **Embassy Information: Protocol and other Essentials**
- **The Overseas FAO Move**
- **Summary**





Objectives

- Provide information on aspects of cultural adaptation, essentials of embassy life and some details of a FAO move
- Begin to think about FAO life beyond ICT
- Begin to build a file of information for the future





Cultural Adaptation

- Your best *asset* for living overseas?
... Your culture.
- What is your biggest *liability* for living overseas?
... Your culture.





Cultural Adaptation

- How does the world see US citizens?
 - Rushed, rude, rich
 - Capable, athletic, technologically adept
- Acknowledge our differences
- Identify your attitudes





Cultural Adaptation

- Begin adjustment by saying “good-byes”
- Address concerns of all family members
- Identify “home”
- Staying in touch
- Being out of touch
- Third culture kids





Cultural Adjustment

REACTIONS TO NEW CULTURE

Overall Symptoms

- Withdrawal Symptoms
- Aggressive Symptoms

From Survival Kit for Overseas Living, p. 92





Culture Shock Cycle

Definition of Culture Shock:

- Culture shock is the term used to describe the pronounced reaction to the psychological disorientation which most people experience when they move to a markedly different culture.

From Survival Kit for Overseas Living, p. 87





Culture Shock Cycle

- Initial euphoria
- Irritability and hostility
- Gradual adjustment
- Adaptation and biculturalism

From Survival Kit for Overseas Living, p.

96





Books & Other Resources

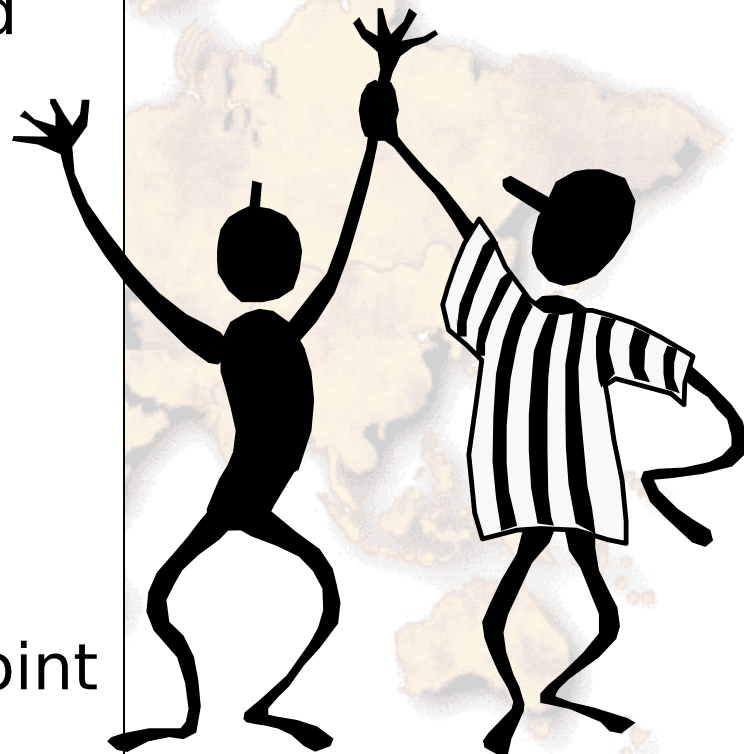
- Robert Kohls. Survival Kit for Overseas Living. Yarmouth, ME: Intercultural Press, INC., 1996.
- Craig Storti. The Art of Crossing Cultures. Yarmouth, ME: Intercultural Press, INC., 1990.
- Citizen Diplomacy: Responding to Questions About America. Provo, UT: Brigham Young University, 1995.





ALLEVIATE CULTURE SHOCK

- Educate yourself - Read and talk.
- Communicate
- Know Yourself
- Take Control
- Eat Healthy, Exercise
- Be open-minded
- Maintain sense of humor
- Refer to Robert Kohl's 20-point Program





Cultural Adaptation

- Living with domestic help
 - Your needs
 - Their needs
 - Comfort Level
 - Regulations





Protocol

- Protocol for the Modern Diplomat
- Courtesies to Ambassadors and their spouses
- Responsibilities as a guest
- The FAO team





U.S. ARMY

Protocol

- Responsibilities as a guest
- Time
- Parking
- Pulling people off the line
- Food
- Departure signal





FAO Spouse Role

- What is expected of you?
- What do you want?
- What is your agreement with your FAO?





Embassy Essentials

Regional Security Officer (RSO)

- Lead on Personal and Residential Security
- Background Checks for Domestics
- POC for all vehicle accidents and security incidents

Community Liaison Office (CLO)

- Connections to the community
- Official school liaison
- Domestic help referral

Health Unit

- Some sort of clinic
- Local hospital
- Not about Medevacs





EFMP/Joint Domicile

Exceptional Family Member Program

- Screening for family members
- Limitations overseas

Joint Domicile

- Can complicate assignment options
- May have to serve “all others” tours





International Schools

- Contact your sponsor/OPSCO early for enrollment
- DODEA Point of Contact
- Home schooling
- Base school
- Changing schools
- DOD Boarding schools
- Early return of dependent(s)





PREPARATIO N FOR GOING OVERSEAS





WHAT DOCUMENTS?

- Wills
- Letter of Instruction
- Powers of Attorney
- Tax Records
- Naturalization Records
- Medical and Dental Records
- School Records
- Employment Records
- Emergency Locator Card

1-800-989-WILL

www.choices.org

(For Living Wills & Medical POA's)





Make Banking Arrangements

- \$ Joint Accounts
- \$ Overdraft coverage
- \$ Payment of Recurring Bills
- \$ Credit Cards / ATMs
- \$ Embassy Check Cashing
- \$ Direct Deposit
- \$ Funds Upon Arrival



CIRRUS:

<http://www.mastercard.com>

PLUS: <http://www.visa.com/>





Request Your Credit File

- EXPERIAN CREDIT REPORT (formerly TRW)
 - P.O. Box 2104 (www.experian.com)
 - Allen, TX 75013-2104
 - 1-888-397-3742
- TRANS UNION CORPORATION
 - P.O. Box 390 (www.transunion.com)
 - Springfield, PA 19064-0390
 - 1-800-916-8800
- EQUIFAX
 - P.O. Box 105783 (www.equifax.com/consumer)
 - Attn: Consumer Affairs
 - Atlanta, GA 30348
 - 1-800-685-1111



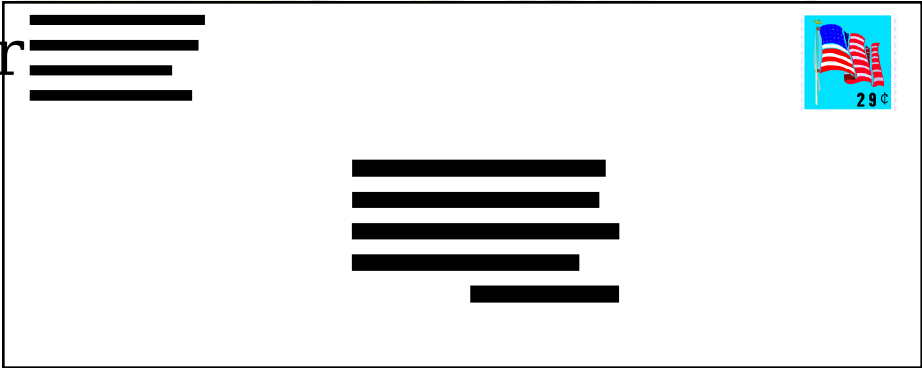


MAKE ARRANGEMENTS

- Driver's License(s)
- Prescriptions-Merck-Medco Rx 1-800-903-4680
- Mail

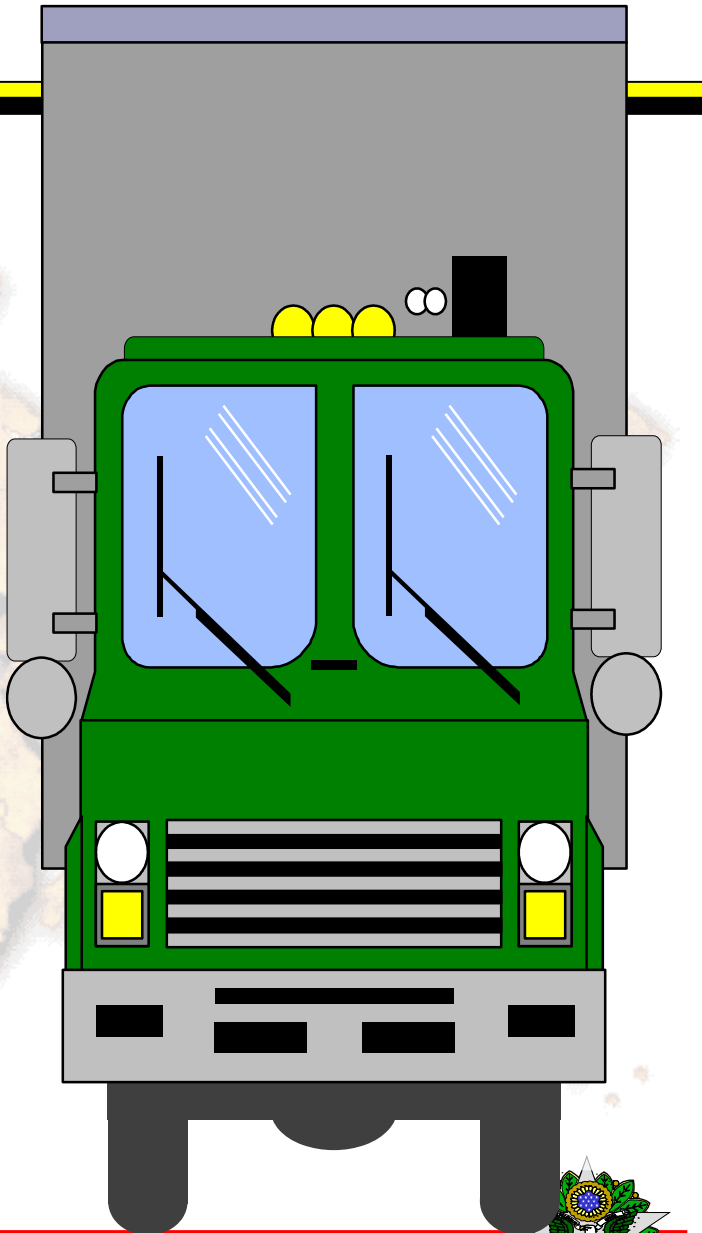
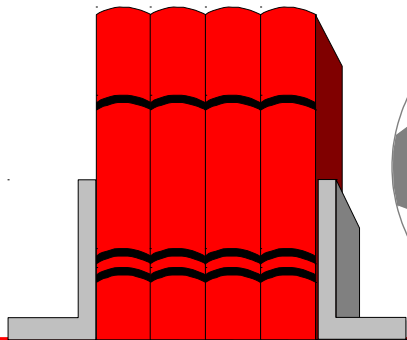
Pouch Policy: (202) 663-1810

<http://www.usps.gov/mover>
snet





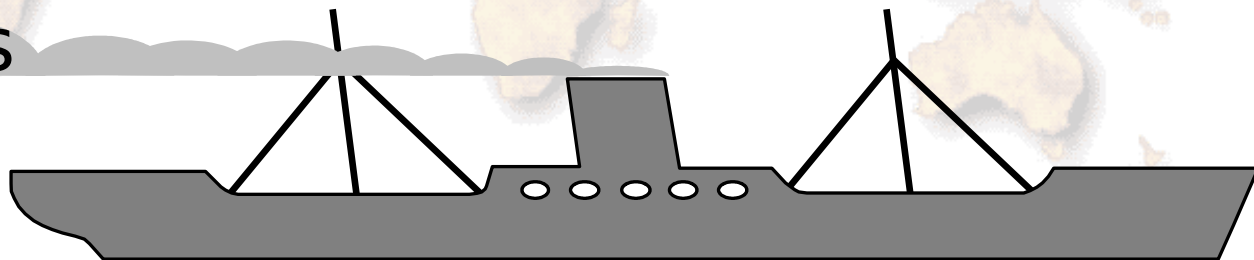
SHOP BEFORE THE PACKERS ARRIVE!





EVERYDAY NECESSITIES

- MAY BE IN SHORT SUPPLY
- Consumables Allowance
- Gifts
- Hobbies
- Books
- Magazines, Newspapers
- Catalogues





YOUR POSSESSIONS

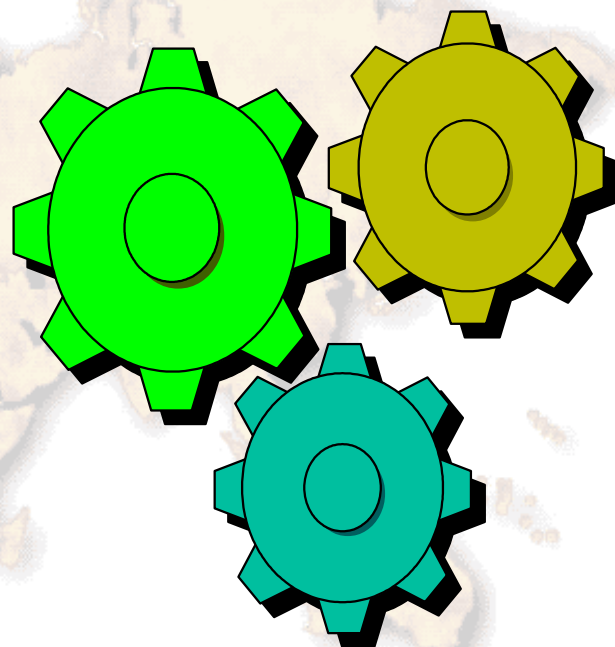
- Accompanied Baggage
- Unaccompanied Baggage (UAB) - "Air Freight"
- Household Goods (HHG) - "Sea Freight"
- Consumables
- Storage
- Controlled Storage
- Vehicle
- Mail
- Safe Deposit Box





AUTOMOBILES

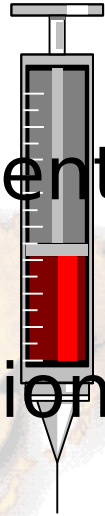
- Dealers' List in Overseas Briefing Center (OBC)
- Buying Services
- Post Newsletters
- Returnee Files
- PREPARATION FOR SHIPMENT
- INSURANCE
 - Marine
 - Collision
 - Liability





PREPARE YOUR PET

- Read the international travel requirements
- Call embassy to confirm requirements
- Obtain health certificates and inoculations
- Send health certificates to USDA
- Watch OBC video “Traveling with Pets”
- Arrange flight
- Arrange boarding
- Let embassy know you are coming with pet!





Additional Resources

- OBC Courses, Workshops and Seminars
- Videotapes
- Bibliographies
- OBC Publications
- Community Liaison Office Coordinator





Thriving Overseas SME

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e-mail: HansonCE@state.gov

Internet:

<http://www.state.gov/m/fsi/tc/c6954.htm>





The Last Word

“SPONSORSHIP”

- **Get a sponsor**
- **Ask Questions (Communicate)**
- **Provide info when needed**
- **Two kinds of Sponsors**
- **Do a good turn - Become a Sponsor**
 - ***Ask Questions (Communicate)***
 - ***Provide info when needed***





Summary

- Prepare to encounter a new culture through education and planning.
- Take advantage of your best resource-your own culture!
- Communicate about your roles in the Embassy Community with predecessor and spouse.
- Begin early to prepare for your Overseas Move.
- Capture the lessons from ICT and apply to future FAO jobs
- Sponsorship programs need to work





BON VOYAG E

